



Norfolk and Suffolk
NHS Foundation Trust

Need help looking for work?

Individual, Placement & Support

We can help

Supporting you every step of the way



How we can support you

Have you experienced severe mental illness and need help finding sustainable paid employment that works for you?

Following the Individual, Placement & Support (IPS) model our employment specialists will work alongside you to explore and achieve your employment goals. Working together, we will develop an action plan which may include:



How to ask for a referral

If you are thinking about finding full or part-time work, then talk it over with your care coordinator, mental health worker, GP or another member of your community team and ask to be referred to your local employment specialist.

Alternatively you can self refer by sending an expression of interest detailing your name, contact details and reason for interest in the service to the following email address: **epunft.employmentservices@nhs.net** or call **0300 7900 573**.

Our employment specialists are based in the community at the following locations:

Central and East Suffolk	Ipswich Mariner House, Ipswich Walker Close, Stowmarket
West Suffolk	Bury St Edmunds, Newmarket

“IPS didn’t just help me find work – they stayed with me through illness, hospital admissions, and recovery, gently guiding me to a life I never believed I could have.”

“I’d like to say thank you for helping me getting back to work, because I do not know how I would have started the whole process of job hunting after being out of paid work for so many years”

Patient Advice and Liaison Service (PALS)

If you have any concerns or need advice about accessing NHS services, you can speak in confidence to PALS on **0800 279 7257** or you can email **pals@nsft.nhs.uk**

This leaflet can be produced in large print, CD, Braille and other languages on request.

large print



All delivery partners regards equality and diversity as integral to the way it works. Our staff will ensure that everyone is treated fairly and no one is discriminated against on the basis of their ethnicity, gender, disability, age, sexual orientation and religion or belief.

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